

# V!brant Together

Hope happens here. Stories of inspiration, innovation, and insight.

## Vibrant's Unbe-LEAF-able Fall



Because of your support, we were successful in bringing emotional well-being to the forefront of the nationwide mental health conversation. September and October were chock-full of events, partnerships, and celebrations bringing awareness and access to crisis care in front of millions of people. We love that together we can partner with people and organizations to bring our mission forward and serve individuals and communities when, where, and how they need it. After all, **sweater weather is better together.**

**Grab your favorite tea, your best cozy blanket, and read on!**

[Go Big or Gourd Home: Vibrant's Sports Partnerships](#)

[Autumn Reminds Us that Some Change is Beautiful: 988's Most Recent Innovations](#)

[Pumpkin-Spicing Things Up: Vibrant September and October Events](#)

---

## Partnerships

### Our Touch Downs are Touching Lives



Cooling weather and an increase in pumpkin seasoning can only mean one thing - football season! But with colder weather comes stressors that can dim even the brightest cheer.

**Vibrant is proud to partner with the National Football League to provide the NFL Life Line for members of the NFL family.**

Established in 2012, this free, confidential, and independently operated resource connects current and former NFL players, coaches, teams, and league staff with trained counselors.

The caring professionals of the NFL Life Line are trained to understand the specific issues that may arise during or after a professional career in football, as well as a variety of general problems that can affect anyone.

**When you support Vibrant, you support individuals and families across the nation having access to specialized care where, when, and how they need it.**

[Learn More about the NFL Life Line](#)

---

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

### **New York Jets Solomon Thomas and Dallas Cowboys Dak Prescott Join Forces with Leading Mental Health Organizations to Expand Crisis Support During Suicide Prevention Awareness Month**

Solomon Thomas, New York Jets Defensive End, and Dak Prescott, Dallas Cowboys Quarterback, brought mental health to the field during the game between the Dallas Cowboys and the NY Jets in honor of Suicide Prevention Awareness Month!

Soloman's foundation, The Defensive Line, and Prescott's foundation, The Faith, Fight, Finish Foundation, joined a groundbreaking partnership with mental health organizations like AFSP, Vibrant Emotional Health, and Crisis Text Line which came together to shine a light on the importance of mental health and suicide prevention. **The collaboration aims to expand access and knowledge of mental health resources, reduce stigma, and increase awareness about the importance of seeking help during times of crisis.**

[Read More](#)

## **Vibrant Hits a Home Run!**

In honor of World Suicide Prevention Day on September 10, former Major League Baseball player Drew Robinson and the San Francisco Giants Mental Health & Wellness team, in partnership with Vibrant Emotional Health, announced a campaign focused on increasing awareness of mental health support in the sports industry.

"We need to eliminate the stigma surrounding mental health care," said former San Francisco Giants player and current Mental Health Advocate Drew Robinson. "With many people facing mental health challenges, it's key that these issues are openly discussed and addressed. **I'm thankful for Vibrant and the 988 Lifeline's critical work and look forward to spreading awareness of mental health resources this September and beyond.**"

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼



[Read More](#)

[Donate to Help Programs Reach Those In Need](#)

---

## Autumn Reminds Us that Some Change is Beautiful: 988's Most Recent Innovations

### 988 Lifeline Launches American Sign Language Crisis Services



Monica Johnson, 988 Behavioral Health Crisis Coordinating Office Director - SAMSHA, and Dr. Tia Dole, Chief 988 Suicide and Crisis Lifeline Officer

**988 Lifeline Launches American Sign Language Crisis Services** to provide services for Deaf and Hard of Hearing people.

988 Lifeline announced the launch of its new videophone, which is designed to give the Deaf and Hard of Hearing Community the option to access crisis counselors who speak ASL via video call. The partnership with Missouri-based organization DeafLEAD is one of two national partners that will provide this service.

"ASL is not English, and people need to be able to receive culturally appropriate care in the language of their choice when they are in crisis," said Tia Dole, the Chief 988 Suicide and Crisis Lifeline Officer with Vibrant.

988's ASL crisis services can be accessed by pressing the ASL now button on [988lifeline.org](https://988lifeline.org), or by calling 1-800-273-8255 on a phone with video capabilities to get connected with an ASL crisis counselor.

[Read More Here](#)

## through Signs of HOPE



In partnership with seven of the nation's leading open-air shopping center owners, we are installing more than 8,400 "Signs of HOPE," across 1,450 shopping centers in 40 U.S. states to increase awareness of emotional support services for those in distress. Installation of the metal signs, primarily on parking lot light poles, began in September, with full roll-out expected by year-end 2024. We are so proud of this Signs of HOPE initiative! Our dream is that this partnership will reach a significant number of people each year given that 251 million people make 4.2 billion annual visits to the 1,450 participating open-air centers; **With partnerships like this, millions of people will know where to access the care they need in a crisis.**

[Learn More](#)

---

## Celebrating Hispanic Heritage Month

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

988 Lifeline ofrece servicios gratuitos en español las 24 horas del día, los 7 días de la semana. No tiene que hablar inglés para recibir ayuda. ¿Qué pasa cuando llamo? Para acceder al apoyo en español, marque 988 y presione 2. ¿Qué pasa cuando mando una mensaje de texto? Para iniciar una conversación de mensaje de texto en español con el 988 Lifeline, envía la palabra AYUDA a 988.

988 Lifeline offers free services in Spanish 24 hours a day, 7 days a week. You don't have to speak English to receive help. What happens when I call? To access support in Spanish, dial 988 and press 2. What happens when I send a text message? To start a text message conversation in Spanish with the 988 Lifeline, text the word AYUDA to 988.

[Aprende Más](#)

---

## Pumpkin Spicing Things Up: Vibrant's September and October Events

### Caring for Our Caregivers



Bex Rose LMHC, Cristal Nunez, and Vanessa Estevez from the Youth and Family Wellness Services program, along with Jacqueline, Vanesty, and Simone from our Adolescent Skills Center served those who take care of us.

We're thrilled to share that our "For You, With You" event had an incredible turnout on September 22nd. Vibrant's Crisis Emotional Care Team (CECT) served more than 1,500 frontline healthcare workers in New York City and connected them with opportunities for wellness education, self-care, and social support.

“A wellness fair tailored to first responders’ mental health is not a mere event, but recognition of the profound and unique challenges they’ve faced over the years,” said Amy Carol Dominguez, Director of the Crisis Emotional Care Team at Vibrant Emotional Health. **“At Vibrant, our goal is to promote the emotional and mental well-being of frontline workers and equip them to overcome challenges created or exacerbated by the COVID-19 pandemic.”**

**We are so grateful for our supporter's leadership and passion for providing emotional support and care to all people in ways that they need it.**

---





**We hosted our first-ever Congressional Briefing at U.S. Capitol Hill on September 26th.** Chief 988 Suicide & Crisis Lifeline Officer, Dr. Tia Dole, shared an update on the 988 Lifeline since its transition and highlighted strategic priorities to expand the Lifeline's accessibility, reach, and partnership with local crisis centers. Dr. Dole was joined on the panel by Chief Executive Officer of Baltimore Crisis Response, Johnathan Davis, Call Center & System Coordination Director, Quinita Garrett, LCPC, NCC, and Community Engagement Advisor at Huntsman Mental Health Foundation, Tonja Myles. **The opportunity to provide updated data to our representatives at Capitol Hill aligns with Vibrant's advocacy efforts to bring mental health awareness and policy changes at a national level.**

---

## Pausing for the Cause

Subscribe

Past Issues

Translate ▾



**On Sunday, September 17, Obélix in Chicago hosted another sold-out Pausing For The Cause dinner celebrating food, wine, and community!** Congressman Seth Moulton attended the event and spoke about his own emotional wellness journey and his passion for the 988 Lifeline. As one of the original sponsors of the legislation to create 988, Moulton continues to advocate for the resources necessary to ensure every American — particularly those in underserved and lower-income communities — can access the affordable mental healthcare options they need and deserve.

All of us at Vibrant are grateful to everyone who supported these unforgettable family-style dinner and wine events for **raising nearly \$100,000 in 2023!** A special thank you to Rebecca Friedlander, Chef Oliver Poilevey, Chef John Manion, and team members from Obélix and El Che for shining a light on mental health in hospitality. Together, we are ensuring all those in the restaurant community have access to mental health support and care.

---

## Donors Make a Difference



## Give the Gift of Emotional Well Being on Giving Tuesday 2023

- **Give:** [Make a tax-deductible donation](#). Your support provides access to mental health support to millions when, where, and how they need it.
- **Give your birthday or any day:** Create a Facebook, Instagram, or [Classy](#) fundraiser for Vibrant Emotional Health! Together, your community will provide peer support specialists resources to check in on individuals in crisis.
- **Give your awareness:** Use your social media platforms to share posts and stories that normalize taking care of our mental health. This [social media kit](#) makes it easy. Your voice matters!
- **Give your time:** Volunteer with our youth programs and support the next generation. Does your company provide employee engagement and volunteer opportunities? Connect with us to explore DEI and CSR volunteer experiences by emailing us at [development@vibrant.org](mailto:development@vibrant.org).
- **Give your voice:** Advocate for policy that prioritizes and invests in mental health! Join our advocacy newsletter [here](#).
- **Give your movement:** Pedal away on a beautiful beach cruiser from [Priority Bikes!](#)

If you are interested in becoming a Vibrant Ambassador, email Talaya Johnson-Murphy, Vibrant's Development Manager, at [tjohnson-murphy@vibrant.org](mailto:tjohnson-murphy@vibrant.org).

---

## Vibrant in the News

["Americans Who Are Deaf Can Now Use 988 Suicide Helpline"](#)

US News

["In crisis, or know someone who might be? There is help. You are not alone"](#)

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

["Cowboys' Dak Prescott sends strong message with special custom cleats vs. Jets"](#)

Clutch Points



Donate to Support Vibrant Programs



Let's get social!



Did you know Vibrant has earned the 2023 Gold Seal of Transparency on GuideStar? Check out our nonprofit profile by clicking on the seal below.



**Hope Happens Here.**

Copyright © 2023 Vibrant Emotional Health, All rights reserved.

**Subscribe**

**Past Issues**

**Translate ▼**